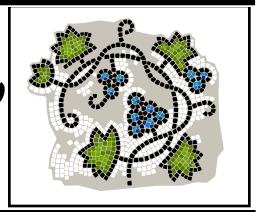




Gospel Grapevine



November 2010

The Year's Turning *By The Rev. John Leech*

What's Inside:

Touch of Inner Healing	3
Treasurer's Report	4
Stewardship	5
The Vestry	6
ECW	7
Book Signing Event	9

You know when it's fall. You know when it's winter, and springtime, and summer, and fall again. That is the Earth's natural year, the round of the seasons. It follows the sun, as our planet's course through the heavens brings us closer and then takes us farther away from that stellar source of light.

Seasons vary from place to place, from time to time: we know them not by clock or calendar but by the rhythms of life and light. There are measurements of course: solstice and equinox, and halfway between these, the quarter days. These have been codified by calendars, to give us a handle on what is happening to us as days grow shorter or lengthen.

The ancient Celtic calendar included not only the winter and summer solstices and the spring and fall equinoxes but also the days halfway between them, which they called the quarter days. Imbolc, the festival of light, comes at the first of February. Beltaine, associated with fire, is May Day. Lughnasa, feast of the air and wind, is August 1st, and last – and first – quarter day is Samhain, associated with the element of earth. Last, and first: because Samhain, which occurs over All Saints' Eve and the first of November, marks the end and the beginning of the Celtic year.



The year, in this imaging, begins in darkness, when the seed in the ground, planted earlier, begins to take root and grow. Something is ended; something new has begun. It is like our understanding of death and resurrection. It is a harvest time for past things, looking back, and, looking forward, to what is already but not yet come into our world, a time of hidden new life.

The Christian year, and the Church calendar, reflects the seasonal rhythms of the natural cycle of the solar year – and it shows us that in its own cycle of feasts and fasts. All Saints Day and the feast of All Faithful Departed (in Mexico, el Dia de los Muertos), November 1st and 2nd, give us a chance to give thanks for what we have received, from what – and who – have come before. They give us a chance to pray for what is to come.

All things come of thee, and of thine own have we given thee— words of David, how appropriate now, as we celebrate the ingathering of pledges and the offering of our own blessings back to the source of all blessings, God who creates, redeems, and sustains.

At the beginning of the liturgical year, four weeks before Christmas, we move into Advent, the season of preparation. Just past the winter solstice comes the feast of the Nativity of Our Lord. We celebrate light

Continued on page 2

**St. Alban's
Episcopal Church**

21405 82nd Place W
Edmonds, WA 98026
Phone: 425-778-0371
Fax: 425-778-1583

Email: stalbansedmonds@gmail.com

www.stalbansedmonds.org

**Worship Schedule
Sundays**

8:00 a.m. Holy Eucharist, Rite I
10:00 a.m. Nursery Open
10:30 a.m. Sunday School

10:30 a.m. Holy Eucharist, Rite II
Children are welcome at all services;
childcare is available during the 10:30
service.

The Year's Turning (continued)

St. Alban's Vestry

Eric Hanson, *Senior Warden*
Shirley Wilson, *Junior Warden*
Carrie Cone
Karen Cresse
Kären Ford
Barbara Hatt
Phil McClelland
Sarah Sweeney
Susie Nichols, *Treasurer*
Sharon Joy, *Clerk*

Delegates to Convention 2010-11

Emily Bee
Phil McClelland

Alternate 2010

Sarah Sweeney

Staff

The Rev. John Leech, *Rector*
Lisa Coale, *Parish Administrator*
JoAn Andenes, *Music Director*
& *Organist*
Shannon Duggan & Jeannie Wells
Sunday School Directors
Ben Johnson, *Youth Leader* &
Webmaster
Mona Carter, *Newsletter Editor*

Office Hours

Monday through Thursday
8:00 a.m. to 12:00 noon;
1:00 p.m. to 3:30 p.m.

and life and the incarnation of the holy one of God. The celebration continues through the twelve days of Christmas season, and the feast of Epiphany, into January's Epiphany Sundays, including the Baptism of Our Lord.

Things begin to change when we celebrate Candlemas (Candelaria in Mexico). It's a perfect reason for another party, as we remember the Presentation of our Lord in the Temple, completing the cycle of the birth of our King. In some traditional cultures, the winner of the prize baked into the Epiphany cake brings treats for all to share on this day (let's see what happens here)

There is a shift now, remembering the water of Baptism and the coming themes of death and resurrection, as we prepare through Lenten discipline for the great events of Holy Week, from Palm Sunday through to Holy Thursday, Good Friday, Easter Eve and Day. Fifty great days later – eight days after the Ascension – is the feast of Pentecost.

Breaking into the midst of the Lent/Easter/Pentecost cycle is the feast of unexpected news, the revelations of the Annunciation, on March 25, just after the vernal equinox.

We celebrate the coming of the Holy Spirit, the fulfillment of baptismal promise, and the growing body of Christ's faithful people, through summer and into fall. The summer solstice comes just around the feast of our patron, Saint Alban, and just before the feast of the Nativity of St. John the Baptist on June 24 (six months from Christmas).

St John said, 'he must increase, I must decrease' - and now indeed the days slowly shorten, imperceptibly at first, until the season's quickening accelerates into autumn, harvest, and the eve of All Saints' appears once more on the horizon of our year.

What season of the year, you may wish to ask yourself, fits your spirit? Where do you find resonance with your own spirituality? Are you in a season of anticipation – of the Advent (the coming) of Christ our King, of preparation – the long desert trek of Lent?

Does the Incarnation fill your heart with quiet longing, with loud rejoicing, with the sureness of peace, the future of hope, the promise of love, represented by Christmas?

Have you welcomed the new into the kingdom of your heart, giving due obeisance, like the three kings of Epiphany, to the presence of the true ruler of the universe – however humbly he appears now to our eyes?

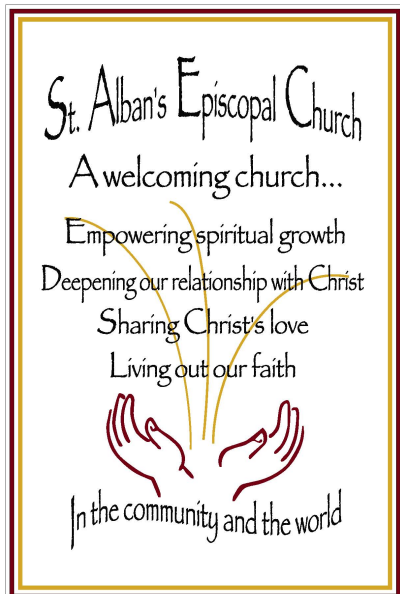
Are you in the middle of summer days, in the long green season of Pentecost, watching things grow and helping them along, anticipating the fullness of fall's harvest celebrations?

Are you in Easter, full of the reality of the risen life in Christ?

All these things are possible to you – and may come in their turn.

You are invited into relationship with God, in each season of the year, and in each chamber of your heart.

Continued on page 3



Continued from page 2

You are beckoned by God, through Christ, into relationship with the eternal Word and holy Spirit, who together with the Father, the source of all Being, are the One true home, the One true light, the One true timeless reality that lies beneath and beyond all our days.

Come into celebration – come in quiet or in laughter, in sorrow or in delight; come to Christ at harvest and planting, breathe in the Spirit in summer’s air and winter’s, and walk with God in every season of your life. Come with us on the journey together. We are one family – the household of God. And you are always welcome under His roof.

Sources:

Marcus Losack, “Celtic Spirituality and the Pre-Christian Tradition”, Lecture in the Chapel of the Ascension, Markree Castle, Co. Sligo, May 22, 2007.

Herbert O’Driscoll, *Prayer Among Friends*

Tom Cashman

Nora Chadwick, *The Celts*

Caitlin Matthews, *The Celtic Book of Days*

*Life isn’t about waiting
for the storm to pass.
It’s about learning to
dance in the rain.*

A Touch of Inner Healing — Sarah’s Story

Sarah Leech and I sat in the sun at Starbucks on that surprisingly beautiful morning in October. As I listened to her life story over a latte, I realized that her experiences and accomplishments could fill a book; however, what I can fit into this article will have to suffice for now.

Sarah’s current job is that of Director of “Women of Purpose,” a program of World Concern. She describes it as a volunteer effort to involve North American women in a sustaining way with something they care about and at the same time, to help the poor. She explains, “It’s one of God’s ways of restoring things that are broken.” The foundation for this kind of work was laid back in Tucson, Arizona, when Sarah was born into a big extended family where she had a blessed childhood. The family went many places together; vacations in Mexico, summer visits to see grandma in Wisconsin, floating in inner tubes down the river, picking berries, and seeing plays and musicals. They had a lot fun but were also civic minded, always reaching out to help the community.

The middle child of three girls, Sarah was very fond of her father, a geologist. He was the first person to point her toward God by teaching her how to pray. Tragically, he died when Sarah was only fourteen. This was a difficult time for Sarah and she experienced a great sadness. However, the Lord brought faithful people into her life to help her; a Christian psychiatrist, the family housekeeper, Katherine, and books by Catherine Marshall.

During her college years at Yale she majored in history. She joined Intervarsity Christian Fellowship and got involved in the Charismatic movement. After college she moved alone to Seattle, thinking it was *cool*, and a place where she could figure out who she was. She ended up attending St. Luke’s in Ballard for ten years, singing in the choir, and volunteering with Seattle Mental Health. She decided her passion was working with special education. As a result she worked various jobs; the YMCA, the Mukilteo School District, and the Museum of History and Industry.

When her mother’s health began to fail, and because she wanted to be near her sister’s two children, Sarah decided it was time to move back to Tucson. She continued museum education work, serving as Curator of Education at the Tucson Children’s Museum for a time. After her mother passed away in 1993, she felt *called* and began her work with World Concern. She learned that God wanted her to invest her whole self in helping the poor, not just occasional financial gifts. Some of the places she’s been as a result are: Honduras, Ukraine, Kenya, Bangladesh, Viet Nam, Cambodia, Thailand, Nepal, and parts of China. She was so touched by how God transforms people who live in those places as well as those He sends.

All of this time Sarah was single. However, that changed in 2003 when she was invited to the ordination of friends in California. Although it wasn’t convenient to go, she thought it necessary to obey the Lord who told her she *should* go. She was glad she did because it was at the reception that she met John, her future husband. After a long-distance relationship, they married in Tucson in 2005. The couple soon moved to Sacramento to complete John’s ordination as priest. And, fortunately, Sarah could continue her work with World Concern.

And then they were called here.

If you have any questions about Inner Healing or Vestry, please call Shirley Wilson



Treasurer's Report *By Susie Nichols*

(as of September 30, 2010)

Bible Study Humor

Did Noah Fish?

A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the Ark?" "No," replied Johnny. "How could he, with just two worms?"

Untimely Answered Prayer

During the minister's prayer one Sunday, there was a loud whistle from one of the back pews. Tommy's mother was horrified. She pinched him into silence and, after church, asked, "Tommy, whatever made you do such a thing?"

Tommy answered soberly, "I asked God to teach me to whistle, and He did!"

Income for the year: \$130,392.85

Expenses for the year: \$137,392.85

Balance for the year: - \$7,108.67

As of 10/12/10 there is \$47,890.77 of pledges that have not been received, obviously, some of this is due in November and December. If you are behind in your pledge for 2010 please do what you can to bring it current or give me a call if there is a problem.

All parishioners should have received a pledge card for 2011. You may place the card in the offering plate or mail it to the office.

The third quarter pledge statements have been prepared and are in a box on the shelf by the bulletins in the Narthex for pickup. Those that are not picked up by the end of October will be mailed; I'm trying to save on postage. If you have any questions about your statement please call me at 425-771-7025.

Labyrinth Comments *by Maryellen Young*

Below are some comments and reflections from people who have recently taken advantage of walking our labyrinth. If you haven't walked it yet, try it some time! These comments indicate many people appreciate our green labyrinth! Thank you, Lee Forsberg, for your faithful service in making this possible.

- Reminding me that every turn lends a fresh perspective, a pause to consider God's plan for my life and on earth. Thank you.
- My Birthday. Wonderful and prayerful activity to do at the start of a new year.
- Just left a counseling session with much for He and me to talk about, meditate on, etc. He met me!
- The last labyrinth I walked was in Italy or France, not sure. Thank you for the peaceful walk!
- Peaceful walk on the soft grass! Thank you for this beautiful place of meditation.—from Austin TX.
- Wonderful to find this labyrinth here! Thank you for creating it in this beautiful setting and having it open to the public.
- Meditating on a personal problem and health issues. It helps.
- Love the weeds. Makes it not only more natural, but down-to-earth, real, organic and unassuming. Appreciate the fact that it is not huge, and good idea with bench at the center. I am introducing a friend to the labyrinth today—first for him ever. This one is a new one for me also, but I have been walking labyrinths for several years.

You Are Called

By Rita Bennett

I believe all of God's people have a calling. Once we find it we can feel fulfilled.

Maybe it's being a minister like Isaiah, or a mother or dad with children to raise, perhaps a teacher; or a mechanic, a counselor or grandparent, or an author or librarian, an artist or a gardener. We're all called to be lights in a world that's sometimes very dark.

*Excerpt from Edmonds Beacon,
October 7, 2010*

Baptisms for 2010

Ashlynn Treichel, 6-20-10
Bridgette Treichel, 6-20-10
Johnny Dumala, 7-14-10
William 'Liam' Bennett, 8-1-10

Thoughts from Your Stewardship Committee:

It's that time of year again, when we ask that those that call St. Alban's their church home consider making a financial pledge so that the Vestry knows how to prepare a budget for the coming year. The coming year's budget is a practical reason to pledge, but a more important reason is it represents your acknowledgement and gratitude for all that God has provided to you, a recognition that all things come from Him.

Our goal is to work toward 100% participation of those that consider St. Alban's their church home. This year we are at about half. We recognize that some may not attend regularly, but we would encourage everyone to make a financial pledge this coming year to show your gratitude to God for providing this wonderful, loving, and faith-filled place in which we worship, find fellowship, and cultivate ministries.

Below is an excerpt from a beautiful piece written by one of this fall's Stewardship Committee members, Jeannie Wells, which appeared in a recent Sunday bulletin.

Recently, I asked my daughter what she would "do" if she won the lottery. As she counted off the list of toys and gadgets she would buy, I simply smiled. Suddenly, she paused. I sensed that somewhere deep inside she was struggling to comprehend why all these toys weren't a dream-come-true.

She then began to review with me the various wildlife and animal protection programs that she would create and support. I drew an inward sigh of relief. Apparently, living with abundance is not enough when you want to make a change in the world. It can at times, leave you feeling empty - like something is missing. In that very moment, my daughter realized that one must give back to feel complete.

While few of us have a big lottery win in our past, present, or future, we are all indeed blessed with abundance. We have unique and individual abundances within our own lives, but we all share similar important gifts from God. We may share the love and dedication of family, the companionship of good friends, or the blessing of our church community. In fact, you may consider that within our own community at St. Alban's that you feel the love of family, companionship of friends, and the opportunity to commune with God.

St. Alban's is our spiritual home. It is a place to connect with God in a community of people that we enjoy, learn from, teach to, respect, and love. As with any home there are needs to meet and bills to pay. What more rewarding than giving back to God and supporting His ministry right here at our church home?

Trust in His promise to provide abundance for you in the coming year. And, take with you my lesson from a nine year old: living with abundance is just not enough... -Jeannie Wells

We hope you will prayerfully consider and return the pledge card sent recently. (If you need another one, let one of us know.) We will celebrate an "Ingathering of Pledges" on November 7, during the services. We hope to see you there.

In Christ's Love, your Stewardship Committee,

Carrie Cone
Verne Giddings
Jeannie Wells

All Faithful Departed

(Since all Soul's Day 2009)

Legh Priest, 12/18/09
Jane Leonaitis, 3/3/10
Edward Fowler, Jr., 4/11/10
Dolores Tugby, 4/20/10
Muriel 'Lee' Oles, 5/29/10

ECW November Birthdays

02 Becky Dawson
04 Connie Forsberg
04 Sarah Sweeney
05 Hazel Shaw
11 Doris Eaker
18 Susie Nichols



Parish Hall Paint & Clean-up

Two full days, two coats of paint, a lot of hard work . . . and look how nice the Parish Hall and Narthex looks! Please say thank you to the great team of volunteers who made this happen: Evie Arneson, Lee Forsberg, Judy Kistner, Reilly Mannery, Jim Nichols, Denise Robertson, Howard Schattenkirk and Al Walker. The beautiful new shelf/table as you come into the Narthex was made and donated by the Robertson's neighbor, Bob Hardy, and Tom Robertson trimme



The Vestry

You are invited to pray for the people currently serving on the vestry and for those who may be called into this ministry.

Vestry members are elected by the congregation at our annual meeting to serve a three-year term. The Vestry currently consists of nine members. (This number is set at the annual meeting.) At the first vestry meeting after the elections, the rector names the Senior Warden and the Vestry elects the Junior Warden(s), Treasurer and Clerk. Although the main function of a Vestry is to conduct the temporal activities, business, and financial affairs of the Parish, the Vestry also appoints and oversees committees, such as: Finance, Stewardship, and Building & Grounds. The Vestry may also appoint ad hoc committees or teams to address particular needs or accomplish specific tasks. The Vestry normally meets the second Wednesday of every month except August, at 7pm in the parish hall.

To be eligible to serve on the Vestry, or to represent the parish as a delegate or alternate delegate to Diocesan Convention, you must be an adult communicant in good standing in the parish; that is, a baptized Christian at least sixteen years old, who regularly takes communion, and who has made recorded contributions to the support of the Church.

Vestry Members' Responsibilities and Expectations

- Have a strong personal commitment to Jesus Christ and to carrying out His ministry in our community.
- Be open to guidance by the Holy Spirit and willing to use one's spiritual gifts for leadership.
- Be an adult communicant in good standing of the Episcopal Church, regular in prayer and worship.
- Be active in the life of the parish and willing to assume a greater leadership role.
- Be able to actively participate in one or more of the following areas: Stewardship, Finance or Facilities, all of which may meet on a regular basis as well.
- Pray weekly, by name, for a segment of the members and friends of the congregation.
- Be able to serve for a three year term, unless fulfilling a seat opened due to a resignation.
- Participate in monthly vestry meetings (third Wednesday of each month at 7pm, except in August),
- Participate in the annual Vestry Retreat, January 14-16, 2011, at Camp Huston
- Be a pledging member of the congregation who is a regular contributor to the parish budget.

United Thank Offering *By Reilly Mannery & Mary Fowler*

Through the United Thank Offering men, women and children nurture the habit of giving daily thanks to God. These prayers of thanksgiving start with recognizing and naming our daily blessings and after a short prayer that leads to an offering that will be used to supply grants for ministries at home and overseas as an outreach of the Episcopal Church. We join our offerings with others to support mission projects at home and around the world. These can include such things as kitchen equipment for homeless children, playgrounds in child care centers, or maybe a school in the Dominican Republic. These grants are made by the UTO Committee each spring. We will have our ingathering Nov. 7th at St. Alban's. It is hoped that all of us will take the opportunity to be a part of this.

Turning Points

For this much thanks:

Those who donated socks for Operation Nightwatch.

Those who volunteered food and time for One Hundred Thousand Welcomes.

We ask God's protection:

For those living or serving in areas torn by war, civil strife, or natural disaster.

For those serving in the military

including: David Benson, Joshua Berger, Shane Braten, Robert Burnett, Zachary Conklin, Andrew Embury, Trevor Hawes, Thomas Lee, Sok Li, Adam Matuska, Christopher Mazzeroll, Monica McCreery, Derek Napier, Ian Papworth, Brian Perkins, Jonathan Springstead, Rachel Teall, and Drew Wilson.

May they know God's healing

power: Annie Beamer, Joan Biegal, Virginia Caldwell, Barbara Campbell, Donna Crane, Elliot David, Thelma DeLong, Ernestine Edwards, Carol Frank, Pat Friend, John Gardner, Sarah Green, John Kistner, Robin McClelland, Bill & Lila MacDonald, Ken Mead, Jeff Munsey, Caroleene Neal, Chris Perry, and Millie Salmon.

Newsletter Articles for Next Issue-Due Nov. 15

Send articles and photos via email to Mona Carter at mikenmona2@comcast.net. Be sure they have a .doc or PDF extension on the file for text files. Or, place items in the plastic holder marked "Grapevine" on the wall next to the front door in the Narthex. All articles and announcements are subject to editing. Include name and contact information.

Coffee Hour Volunteers Needed for 10:30 Service

Volunteers are needed to provide snacks, set-up and clean-up after the 10:30 a.m. service. Sign-up sheets are in the Parish Hall. If you have questions contact Mona Carter at 425-744-80



Hands on Activities *By Maryellen Young*

St. Alban's Hands On activities provide us an opportunity to be good stewards of the gifts God has given us by sharing our time, our money, our food and cooking with others in need. Below are the upcoming planned activities.

Compass Center Dinner Our next Compass Center Dinner will be Sunday, November 7th. We'll do a Veterans' Day All-American theme with turkey or chicken, mashed potatoes, stuffing and salads. Watch for a sign up sheet of things to bring and we can always use money. Just designate it for Hands On and put it in the offering or give it to a member of the Hands On committee.

Food Bank: Saturday, January 29th will be our next opportunity to help at the Food Bank in Lake City. Please note this date and plan on joining us.

Hands On meeting: The next Hands On meeting will be **7 p.m. Thursday, January 13th** at Barbara Lagozzino's. We would love to have you join us and bring your ideas or just come and participate in our fellowship.

Episcopal Church Women (ECW) *By Connie Forsberg*

The October ECW potluck dinner was held on the 19th. The featured theme was harvest/Halloween and the tables were decorated with a variety of Halloween items, mini pumpkins and leaves. Members brought a variety of delicious homemade casseroles and salads. Special gift sacks were provided by Evie Arneson. Cheryl Healy also treated us to bubbles!

During a brief business meeting, we voted to contribute \$100 toward new Bibles which Fr. John requested. Several announcements were made and a collection taken to provide funds for the upcoming Compass dinner which church volunteers do every other month.

The ECW birthday list is being updated. If your name is not listed and you'd like to be included on the list please add your birthday. Mary Ellen Gardiner is maintaining the list.

The guest speaker for the evening was Kendra Long. Kendra leads spiritual formation workshops and devotions for World Concern's International and Seattle area staff. She talked about her personal spiritual journey and missionary work.

The next dinner meeting will be December 14th in the Parish Hall. Everyone is asked to bring fancy finger foods and any other treats. Please bring a wrapped \$10 gift for the exchange. If you need help with this, let me know. There will be a special music group performing. You won't want to miss the fun and fellowship!

Remember to keep the food baskets full every week to help the needy and homeless. God Bless.

Reflection from a Food Bank

Volunteer *Anonymous*

More than once in my life, the bare necessities were hard to come by. The house was cold. The cupboard was bare and I swallowed my pride to go to a local church food bank for groceries. I remember those times often when I thank the Lord for watching over my friends and me, and bringing us challenges to learn and grow.

We all have those times and so do the folks that benefit from and contribute to the North HelpLine Food Bank. The volunteers and families served there are just like you and me. They can smile, enjoy a kind word and welcome a non-judgmental heart.

Some are cranky, others shy, and a few just happy to get groceries for a good meal (even if they don't always like what is offered). We've all been there sometime.

When I open my heart, extend my hand and don a smile on my face, their burdens seem lighter and they recognize that we all share common goals and aspirations. I feel energized too and can let go of the burdens in my life.

We have a common purpose to serve and benefit from one another. With our help and volunteer contributions to the Food Bank effort, we do what our Lord and Savior teaches us to do – Love thy neighbor as thy self.

Remember to contribute to the Food Bank, or come volunteer with the next Hands On opportunity.

*Don't put a question mark
Where God put a period.*

Thank You

Dear John & the women of St. Alban's,

On behalf of Bethany Community Church I want to thank you so much for the gift of 4 dozen NIASB Bibles.

Since we opened our two new satellite congregations two weeks ago, these Bibles have been sitting open in congregants laps as they have listened to God's word being preached. I hope that picture delights you and inspires you, to know where your gift of Bibles has ended up!

We appreciate your partnership with us in spreading the good news to new neighborhoods in greater Seattle.

Blessings upon your ministry at St. Alban's.

In Christ,

Shonnie Scott, Pastor

Bethany West Seattle

Dear St. Alban's Family,

This is a huge, heartfelt 'Thank You!' for your continued, loving support of me and the students at Cedar Valley. I am overwhelmed by your generosity and kindness. The abundant gathering of supplies that you donated for us have been so appreciated, and the help in setting up my classroom (by Mona Carter, Barb Halterman, & Reilly Mannery) was a huge blessing for me.

We have had a busy and exciting beginning to the school year. We have 28 third graders in our classroom community, with families from all over the world (and at least 7 different languages represented)! Every student was able to start with a brand new box of crayons which we have put to good use. Your gifts and donations are so meaningful and helpful. A thousand thanks!

**With love, in Christ,
Camille Hartley**



Blessing of the Animals

Flu Season

Last year people got in a panic about the H1N1 virus. Not so in our neck of the woods! We took common sense precautions. Let's be equally careful this winter.

- ❖ Keep our hands clean in church.
- ❖ We may prefer to exchange the peace with a smile, a bow and a kind word.
- ❖ Let's avoid people dipping their fingers with their wafer (this is less hygienic than drinking directly from the cup). Would you prefer to keep the wafer on your open hands and allow the Eucharistic minister to dip your wafer for you?
- ❖ If you are sick, stay at home.
- ❖ Get a flu shot.

The Interruptions Are Our Real Life

The great thing, if one can
is to stop regarding
all the unpleasant things
as interruptions of
one's "own" or "real" life.

The truth is, of course
that what one calls the
interruptions
are precisely one's real
life —
day by day :

What one calls
one's "real Life"
is a phantom of
one's own imagination.

C.S. Lewis,
letter to
Arthur Greeves

Food for Meditation, Compiled by Paul
Clasper, Dean St. John's Cathedral;
Hong Kong
Pentecost Day 1986; Printed by the
Green Pagoda Press Ltd.

Book Signing - November 7th

There will be a special event on the first Sunday of next month to help celebrate two new books that have been recently published by St. Alban's authors. The two books being presented are:

LIGHT FOR THE JOURNEY, Morning and Evening Prayers for Living into God's World by CHRISTINE SINE. Each day's prayers emphasize a different theme of faith - from creation on Monday to resurrection on Sunday - leading readers through God's story again and again. There are focusing exercises for individual prayers and reflections on the world, as well as reflections on the topic from the author.

HEALING HEARTS AND SOULS, Short Stories to Encourage and Inspire by SHIRLEY WILSON. This book is a series of short stories providing many examples of Inner Healing Prayer. Some are from the author's personal experience and others are from people she has worked with over the years. These stories illustrate God's desire for all of His children to be totally healed. The book can be used as a daily devotional or read in any order.

Please stop by the book table after the 10:30 service on Nov. 7th and take a look!

If you are unable to attend but would like to purchase a copy of **LIGHT FOR THE JOURNEY** please contact Christine Sine at 206-524-2111 or seasickdoctor@gmail.com. If you would like to purchase a copy of **HEALING HEARTS AND SOULS** please contact Shirley Wilson at 206-542-2944 or wilsaw@comcast.net.

Announcements

Prayer Beads will meet Tuesday, Nov. 2nd in the Parish Hall at 7pm.

Newcomers Committee is seeking those who would be interested in greeting newcomers on Sundays. The commitment is one Sunday a month. If you are interested contact Sarah Leech and/or Barbara Hatt.

Remember, **no coffee cups or food in the church proper.**

Don't forget to **wear name tags** to make it easier for guests and new members to remember your name.

ECW Finger Food potluck is Dec 14th in the parish hall; Doors open at 6pm. \$10 gift exchange.

Mission to Seafarers is collecting toiletry items for Christmas-at-Sea Ditty Bag program. There will be a gathering on Sat., Nov. 6th at St. John the Baptist in West Seattle to fill the bags. Call John Bee or Ben Johnson to ride with the carpool.

Mark Your Calendar!
Annual Meeting - December 5th

St. Alban's Episcopal Church
21405 82nd Place West
Edmonds, WA 98026

NON-PROFIT
U.S. POSTAGE
PAID
PERMIT NO. 1003
LYNNWOOD, WA

RETURN SERVICE REQUESTED

*If you do not want this newsletter, please mark it REFUSED and
Return it to the Postal Carrier unopened*

Sundays in November

All Saints' Sunday is the basis of our celebration on November 7th. We remember and thank God for the saints of the past and celebrate with those present with us today.

The Sundays just before Advent are a season of anticipation – they focus on the Kingdom of Christ. This culminates in the feast of Christ the King, on the Sunday just before Thanksgiving Day.

<http://tempstalban.ecwwblog.org/2010/10/sundays-in-november/>

Readings for Sundays and other Celebrations

Beginning on November 28, 2010 – the Sunday after Thanksgiving – we will be in Year A of the three-year cycle of the Revised Common Lectionary (Episcopal Church version). Matthew – begins with begats – furnishes most of the Sunday readings from the gospels this year.

Learn more about the Lectionary on the Episcopal Church website (<http://www.episcopalchurch.org/lectionary.html>). You can find the readings on The Lectionary Page (<http://www.io.com/~kellywp/index.html>).